

September 2016

[REP. KATE HOGAN'S SENIOR NEWS]



Dear Friends,

I hope each of you had a relaxing summer. As the weather cools and autumn approaches, I want to highlight a few state programs designed to keep seniors healthy year-round.

Just recently, Massachusetts was ranked the healthiest state in the nation for older adults - rising from sixth place last year. The report, published by the United Health Foundation, benchmarks each state's performance on key measures of health and wellness for the senior population. Massachusetts has seen success in reducing rates of physical inactivity and smoking while providing seniors with better access to community support and dedicated health care providers.

As Chair of the Joint Committee on Public Health and Co-Chair of the Elder Caucus, I'm proud of the progress we've made in working to guarantee that seniors have the tools they need to make choices and ensure ongoing support. The Massachusetts Executive Office of Elder Affairs website provides information about a variety of state health and wellness programs available to support our seniors. Find information about these programs here: mass.gov/elders/

I want to tell you about **MassOptions**, a new program available to Massachusetts seniors and individuals with disabilities. MassOptions is a free, 7-days a week service that connects individuals to multiple agencies with just one phone number, staffed by a team of trained specialists who will provide referrals to services like in-home supports, day services, equipment and supplies, and mental health and personal care services. This one-stop referral program aims to eliminate the confusion of calling multiple agencies to access critical services. You can connect with a specialist at MassOptions every day from 8 a.m. to 8 p.m. by calling the toll-free phone number 1-844-422-6277 (1-844-422-MASS) or by visiting the website at MassOptions.org.

If you have any questions or would like more information about senior programs, please do not hesitate to contact my office.

Rep. Hogan's Office Hours

- **Hudson Office Hours** will be held on Tuesday, September 13th from 6-7 p.m. at the Hudson Public Library, 3 Washington Street, Hudson.
- **Bolton Office Hours** will be held on Thursday, September 29th from 5:30-6:30 p.m. at the Bolton Public Library, 738 Main Street, Bolton.

Please bring any questions, ideas or concerns you may have. If you are unable to attend office hours and have an issue or concern, please call the State House at (617) 722-2130 to schedule an appointment with me.

Proudly represents Bolton, Hudson, Maynard, and Stow
State House, Room 130, Boston, MA, 02133 | (617) 722-2130 | Kate.Hogan@mahouse.gov
District Office: Maynard Town Hall, 195 Main Street, Maynard, MA 01754 | (978) 897-1333